

HIITS TO THE COOK

Points to be Observed in Preparing Birds for the Table.

HOW TO BUY TABLE GAME

When Maryland Canvasbacks Are the Best—Why Feathered Game No Keeps Three Days Before Eating.



It lives long who lives well. To live well, however, consists neither in living expensively nor luxuriously. But it does presuppose, first, that the mistress in the kitchen is the head of her own household and kitchen.

And second, that the cook is not one of the devil's sending. You must buy with judgment, which means buy the best, and show your economy in your scientific cooking and prevention of waste.

It is important to know how to buy game as well as how to cook it. "Any feathered game," says the great Savarian, "if eaten within three days after it has been shot has no particular flavor, lacking the delicacy of a well and not having as yet acquired a flavor of its own. The proper point is when decomposition commences. It is then tender and sublime, partaking at once of the flavor of poultry and venison."

American epicures will possibly prefer their game cooked before "the point of decomposition commences," but it is an indisputable fact that game is better not only for having been hung a moderate length of time, but it is also better for having been hung in its feathers. In the case of plucked game the contact with the air neutralizes some share of the aroma. Place spices inside the bills of game that is to be hung for any length of time. Game that has been overkept may be determined by the dry and shriveled legs.

Baked Quail.—These are much better for first being "plumped." To do this, place them in a baking pan with slices of pork tied over their breasts; put a half cup of hot water over them, cover with an inverted pan of the same size and steam for ten minutes on top of the range; then bake twenty minutes in a quick oven, basting well and frequently with butter and water. Trim the crusts from some slices of bread, fry in hot butter and place a bird in each slice. Accompany with jelly and a salad of greens with French dressing. Potatoes a la saute or a la Parisienne, spinach, tomatoes, baked or stewed celery are the usual vegetables served with quail. With baked quail or partridges, a bread sauce is considered a sine qua non in England. To make this, thicken a pint of boiling milk with fine, sifted bread crumbs, season with pepper, salt, grated nutmeg and a good-sized piece of butter. With this send to table a plate of fried crumbs made by dropping crumbed bits of day-old bread into very hot fat; they should brown instantly and be lifted out at once with a skimmer, drained on kitchen paper and transferred to a hot dish. Place beside each bird a spoonful of the white bread sauce, another of the brown fried crumbs and one of rich, red currant jelly. The combination is as pleasing to the eye as to the palate.

Cutlets of Quail.—These make a pretty and easily prepared game course for a company dinner. Make two fillets from the breast and at the small end stick a bone from the leg; flatten to the shape of a cutlet with a rolling pin, season with salt and pepper, dip in melted butter, roll in crumbs and saute in very hot fat. Alternate these with triangular portions of fried bread around a mound of green peas, beans, stewed mushrooms or potatoes a la Parisienne. A more elaborate way is to make a pint of broth by stewing the carcasses with a slice of pork and an onion. Thicken with butter and flour, color with a few drops of Tournai's kitchen bouquet, add the mashed livers that have been cooked tender in this broth, let the sauce get cold and dip the cutlets in this before frying.

Bisque of Quail.—For this delicacy you must be thankful to Francatelli, it opens up a new and simplifying recipe of the great chef for use in the ordinary kitchen, such an array of "santines," sauternes and sauces as he calls for being enough to strike terror to the heart of the most willing cook. Slice six birds, making four small fillets from the breast of each; lay these aside while you break up the remaining portions of the birds and fry them lightly in a little pork fat. Cover with three parts of veal broth, add a pint of minced mushrooms, a couple of rice, a minced onion, a sprig of parsley, a bay leaf and a pinch of thyme, simmer gently for an hour and a half, drain in a sieve and press the residue and other ingredients through as far as possible, using the back of a wooden spoon. Put a spoonful of butter in a saucepan, when melted stir in a spoonful of flour, and when smooth turn on the strained broth, stirring the while. Neatly cut the fillets into pieces half an inch square and fry in a little butter. Drop them in the tureen and pour the bisque over. For extra occasions three dozen little force meat balls may also be added. To make these, reserve half the fillets, chopping as fine as possible; soak and squeeze out of cold water an equal weight of stale bread. Put this in a saucepan with a tablespoonful of butter and stir until the bread leaves the bottom and sides of the saucepan; add the yolks of two beaten eggs, the chopped quail, seasoning to taste and as much broth or white sauce as will moisten it. Drop small quantities of this on a floured board and roll into balls the size and shape of a small olive. Drop for two minutes into boiling water, lift out and lay in the tureen.

Quails braised with Peas.—True half a dozen quails in the same way that you would a fowl for boiling; place them side by side in a stewpan with half a pound of streaked salt pork cut in thin slices, two or three stalks of celery and some parsley; cover with broth or water and simmer closely for an hour. Dish the quail in a circle, placing the peas in the center.

ing them breasts outward; fill the center with canned peas heated, seasoned and drained. Skim the fat from the broth, of which there should not be more than a pint, thicken and color and send to table in a boat. Braised in the same way, but stuffed with stone olives, mushrooms or truffles, they are called a la purpura.

Perhaps never, unless you are a hunter yourself, will you know the gastronomic delights of quail a la cendre. I first partook of them on a California ranch, cooked and served by the bewitched hunter lad who shot them.

Draw and draw the birds; put the livers inside; roll them in thin slices of fat salt pork and then in well buttered white paper; cook in hot wood embers as you have baked potatoes after a bonfire during your childhood; serve them on toast with a tureen of good brown gravy.

Partridges should have the breasts larded and be baked (if they cannot be roasted) in a quick oven for twenty to twenty-five minutes. Dish up on dry toast, garnish with greens and pass tart jelly or spiced plasma with them. The drippings in the pan may be thickened and seasoned for a brown sauce, or you can serve them with a celery sauce or on a piece of celery. Either of the two latter is especially nice with boiled partridges.

The famous canvasback ducks of Baltimore come from Havre de Grace and owe their superior excellence and flavor to the wild celery on which they have fed. They are not in their prime until the middle of December, by which time they should weigh from six to six and a half pounds the pair. The mode of procedure in cooking canvasbacks, redheads and mallards is the same: Pick, singe and draw the birds; put a pinch of salt inside and roast rare. An overdone canvasback is no better than the commonest wild duck. It is a common fault of the American cook to kill game with kindness, that is with cooking.

The ingenious manner in which the "baited mallards" from the smaller lakes of Minnesota and Wisconsin are fed renders them of such superior excellence that they may be substituted for canvasback almost without fear of detection. Corn is spread daily on the banks of the lakes and day after day the birds return to partake of this mysteriously-sent manna, until, at last, like human epicures, they fall a prey to their love of good living, being captured when fat enough. To be sure that they have not hung too long, or been side-tracked on the way east, see that their eyes are bright and the webs of the feet soft.

Orange is the very epicurean sauce which even the common people receive gladly, when served with this bird. Skim off every bit of fat from the gravy in the pan after baking; thicken with a great spoonful of flour diluted with a pint of broth and squeeze in the juice of two oranges adding the shredded yellow rind previously boiled for ten minutes to extract the bitter flavor.

Salmon Partridges.—The economical housekeeper should understand the mysteries of a salad, for there is no nicer way of serving the remains of yesterday's birds. For a company dinner it will be well to roast the birds the day before expressly for this purpose, in order to use only the choice parts, but the manner of making is the same. Cut the meat from the birds in the neatest possible pieces and lay it aside while you boil the bones, two small onions, a bunch of herbs and a pinch of cayenne, skim the fat from this broth, thicken and strain. Simmer in two dozen mushrooms for ten minutes, lay in the meat and let it get hot through; lay each piece of meat on a small, diamond shaped croquette and pour the sauce over all.

For a very small dinner there is nothing nicer than a garnishing a la Montoise. Proceed as above in every particular except that you do not add mushrooms to the sauce. After you have dished the croquettes and fillets of partridge, pour over them a garnish made as follows: Cut fine a pint of mushrooms; add two ounces of beef's tongue, two of truffles and two of white chicken meat, all cooked and cut in dice; season with salt, pepper and nutmeg. Now add two ounces of butter and a gill of veal gravy and heat by cooking over the fire in a saucepan without allowing it to boil. Pour over the dish and salmi, turn the sauce over all.

Fillets of cooked game heated for a moment on a broiler after being dipped in melted butter are delicious served on small squares of fried mush. And now before ending this gossip on game—ending it, not because the subject is exhausted, but because the patience of my readers may be, let me just hint of a game salad. A portion of cold game, too small to use in any other manner, may be so served. Cut the meat small and let it stand in a mirage of plain salad dressing for an hour before serving. Then tear up some crisp lettuce, put in the salad bowl; add the meat and cover with a mayonnaise, garnishing with crumbled yolks of hard boiled eggs, the whites cut in dice and stoned olives.

ALICE CHITTENDEN.

INDIANS OF YUCATAN.

Strange Customs with Infants and with Brides in Early Days.

In an old book called "The Buccaneers of America," recently reprinted, is given a curious account of the customs in vogue among the Yucatan Indians two hundred years ago. It runs substantially as follows: As soon as a child is born it is carried to the temple where a circle or hole is made and filled with ashes. On this heap of ashes the naked child is placed and left there a whole night alone, not without great danger, no one daring to come near it. The temple is open on all sides, so that all sorts of beasts may freely go in and out. The next day the father and relatives return to see if the tracks or stop of any animal appears printed in the ashes. If no track is found, the poor baby is left there until some beast has left behind it the marks of its feet.

By this animal the new born babe is consecrated, as unto its God; and this beast he is bound to worship and serve all his life—it being his patron and protector. When grown to intelligence the parents instruct him in regard to his patron beast, and teach him to revere and honor it as his own proper God. He goes to the temple and makes offerings to the beast. In the course of his life, when injured or harmed in any way, he makes his complaints to this beast, "whence."



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Williams, Davis, Brooks and Co

by A S Brooks.

Seven Thousand Two Hundred Bottles of Medicines at a Single Order.

The above telegram is only one of many received by The Peruna Drug Manufacturing Company from all parts of the United States, and serves to indicate the wonderful demand for Peruna, Man-a-lin, and La-cu-pia everywhere they are known. Never before in the history of medicine has there been anything like it. Used first as the private prescriptions of a successful physician, they gradually became known farther and farther from home, until today they are rapidly becoming the most popular proprietary medicines in the world. In view of their remarkable origin and growth, as evidenced by the present phenomenal and increasing demand, the following brief history of them is creating great interest, having appeared in the leading papers of this country:

use and does, that they might supply the demand for them that had sprung up outside my regular patients, to which I at last consented. They are now to be found wherever I have patients, and I continue to prescribe them as my principal prescriptions, scarcely ever finding it necessary to use any other medicine. These three compounds are distinguished by their names—Peru-na, Man-a-lin and La-cu-pia—and their composition is effected by a process entirely unlike any other medicine known, which process was perfected by myself after years' experience, which process very greatly heightens the curative virtues of each ingredient of the compound. Thilled to the formation of the Peru-na Drug manufacturing Company of Columbus, Ohio, who have the sole right to manufacture these medicines."

For instance, the remedy Peru-na is generally considered to be the greatest, if not the only, remedy for chronic catarrh yet discovered. Not only does Peru-na cure catarrh, but colds, coughs, bronchitis, la grippe, asthma, and consumption promptly yield to its curative virtues. The doctor has just completed his new book, "Chronic Diseases," which gives a complete description of these affections, which is furnished free to each patient. In this way thousands of cases of chronic catarrh and other climatic diseases are being cured just as promptly and effectively as if they were under the doctor's immediate attention.

Catarrh the Cause of Consumption.

Chronic catarrh runs so gradually into consumption that it is very difficult to tell where the catarrh ends and the consumption begins. Indeed, Dr. Hartman has always contended that consumption is simply catarrh of the lungs. In order to show Dr. Hartman's complete confidence in Peru-na as a cure for all forms of catarrhal affections, from a slight cold to the worst forms of consumption, a case will be cited which is one of the thousands cured by Peru-na.

How a Case of Consumption was Saved.

Mrs. T. S. Eberlein, during the year 1882 began to develop the usual symptoms of consumption. From the first local physicians were employed. Cough medicines, tonics, codliver oil and stimulants were resorted to by her physicians without success. Frequent consultations were held, but nothing checked the steady progress of her malady. The repeated examinations of her lungs indicated the rapid strides with which she was nearing the end. Her physicians were honorable members of the medical fraternity, in whom Mrs. Eberlein's husband and family had perfect confidence, and the sorrow with which they listened to their decision that they had exhausted everything known to them in vain for the relief of the wife and mother of the afflicted household can be better imagined than described. As is common in consumptive patients, Mrs. Eberlein continued hopeful long after her attendants believed her beyond cure.

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At last she became so weak and emaciated that an attendant was constantly at hand to lift her during the terrible spells of coughing to which she was subject, and which were frequently followed by alarming sinking spells, during which she was often thought to be dying. It was during one of these frightful paroxysms that her husband was supporting her tenderly and vainly trying to palliate her sufferings that she expressed her belief that if Dr. Hartman were sent for he could relieve her. Anxious to indulge her in every wish, as she was thought to be dying by all, he was immediately sent for, but being very busy was not able to respond until late in the evening of the afternoon in which he was sent for. It was not expected that she would survive until

One of the Buildings Occupied by The Peru-na Drug Manufacturing Co.

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A Short History.

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With these tokens he repairs to the young maid, and presents her with a garland of green leaves interwined with fragrant flowers. The wreath she is obliged to put on her head, and lay aside her virgin's garland which she has hitherto worn. All the relatives and friends now assemble to consult as to the propriety of the marriage of this couple. Having agreed as to their approval, they meet at the house of the damsel's father, where "they drink of a certain liquor made of maize, or Indian wheat," and here, in the presence of this company, the father gives his daughter in marriage. The next day the newly-married bride comes to her mother, "pulls off the garland and tears it in pieces, with cries and bitter lamentations, according to the custom of the country."

DAHOMEY WIVES.

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If any wife quarrels with her husband and wishes to leave him, according to an old custom, she has right to return to the king's palace. The present monarch is said to possess only a few hundred wives, but there have been kings of Dahomey who possessed three thousand consorts.

All the officials at the court, when they enter the king's presence, lie flat on the ground and strike their foreheads on the floor, as a sign that they humble themselves to the dust. Even Thoinigau, the chief minister, is compelled to crawl toward his sovereign's feet when he has a communication to make.

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Printed by J. W. Miller & Co.

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